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In anticipation of the release of Chef, Metro offers a short history of foodie movies PAGE 15

Civilians set out to locate abducted girls

Family members show little faith in Nigerian military, cast doubt on its claims of being in hot pursuit PAGE 12

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Metro looks at the explosion of fracking in B.C. and explores whether the risk is worth the rewards STORY, PAGES 10 & 11

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Choose your own adventure in the streets of Vancouver

The Action Fiction Project. Local residents, authors place fictional story around the Riley Park neighbourhood

Those living near Main Street and 24th Avenue were given a special dose of fiction this past week with a local group taping up a live-action, choose-your-own-adventure style story on bulletin boards and lampposts for active readers to follow.

The group known as the Action Fiction Project spent a couple of days last weekend placing a fictional story created by Nicole Boyce around the Riley Park neighbourhood. But the kicker? How the story ended depended on where you walked.

Jaspal Marwah, project director of the Action Fiction Project, has worked with local residents and authors to create this one-of-a-kind adventure.

Well, one of a kind for now, as there are many more planned for the summer and beyond.

At the first sign, onlooker Mike Lonson said he wanted to take part as it was a really fun idea, but couldn't due to time.

"This is really, really cool, though," he said.

"I'll have to come back. There should be more of this kind of thing."

The first part of the story titled The Raffle begins between Main Street and Ontario Street on 24th Avenue.

It starts with a stranger to the city having just moved from Brantford to Vancouver meandering through the unfamiliar streets. To continue with the story, you must follow the character as they make their way through the neighbourhood.

Part 1 on 24th Avenue leads to the corner of Ontario Street and 23rd Avenue. From there, the choices expand.

There are five different endings, depending on the route you take.

The project was launched in association with the Vancouver Public Space Network, a grassroots movement engaged in advocacy, outreach and education around public space issues in Vancouver.

SAM SMITH/FOR METRO

The first chapter of The Raffle, a real-world choose-your-own-adventure story, found near Main and 24th Avenue.
SAM SMITH/FOR METRO

Subway would have huge ridership: Mayor, studies

The 99 B-Line METRO FILE

More people will hop on the $3-billion Broadway Subway on its first day of operation than drive across the $3.3-billion Port Mann Bridge, Mayor Gregor Robertson said in a speech to the Urban Land Institute Tuesday.

New numbers crunched by the city estimate 250,000 passengers will use the brain train, ideally bored underground all the way to the University of British Columbia, compared to the 180,000 daily trips across the Port Mann and 110,000 trips through the Massey Tunnel. The mayor is lobbying for the subway as one of the key pillars in his re-election strategy. It would take 50,000 cars off the road, according to the city. "We've got to make it happen. It's the top priority for Vancouver," Robertson said. "It doesn't come cheap, but it will be a great investment."

The city's analysis argues the subway would save TransLink cash by taking 99 B-Line buses off the road. This would net TransLink $200-million over a period of 10 years.

The analysis is based on TransLink's Broadway corridor study and trip diary data released last year.

"We've seen extraordinary demand on the Broadway corridor," Robertson told reporters, adding 150,000 additional people are expected to move to the area over the next 30 years.

Alas, the subway remains a glint in the mayor's eye until Lower Mainland mayors decide which transit expansion takes priority. EMILY JACKSON/METRO

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Journalist speaks on N. Korea ordeal

Laura Ling SAM SMITH/FOR METRO

Unique Lives 2014. Laura Ling has seen hard times and now shares 'rays of hope'

SAM SMITH
vancouver@metronews.ca

Mexican drug cartels, teen suicide, toxic waste in China, and a North Korean prison.

Most people simply read about these places, if that. Laura Ling has lived through them, survived them, and gone on to tell the tale. Literally.

"I think these stories need to be told," she said. "There's so many stories that I've told that one might say are dangerous, but in these dark places I've found so many rays of hope."

It's these pieces of humanity she hangs on to despite seeing first-hand some of the worst atrocities mankind has to offer.

"When I was in captivity in North Korea, I thought about the North Korean people every single day and what they have endured every single day for decades," she said. "Now that just puts everything in perspective. So, I'm getting ready to do this speech, but I get nervous every time I talk. But then I just think to myself, 'OK, you got through North Korea.'"

Ling was captured and detained in North Korea for six months in 2009 while filming a story about refugees escaping into China.

She was later pardoned with her friend and fellow journalist Euna Lee in August, 2009 after a visit by former U.S. President Bill Clinton.

Now, life has slowed down some for Ling. She's busy raising her two children, but still finds time to shoot documentaries for E!, tackling difficult subjects a bit closer to home.

Ling is part of the Unique Lives 2014 season, and spoke at the Orpheum on Tuesday, May 6. For more visit uniquelives.com.

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'Swirl Face'

Pedophile gets sentenced for breached conditions

A B.C. man who served time in a Thai prison for abusing two boys has been sentenced to three months in jail for possessing a device that gave him access to the Internet.

Christopher Neil, 39, was deported to Canada in 2012, when he was immediately placed under conditions designed to protect children, including a ban on owning devices such as a laptop.

He pleaded guilty last year to violating his conditions after he was caught with four devices including a laptop, cell phones and an e-reader. A judge has sentenced him to three months in jail, though he only has 48 days left after credit for time served, followed by three years of probation.

Neil faces 10 new charges laid in March.

THE CANADIAN PRESS

Legal challenge

Pipeline review rules violate rights: Opponents

Pipeline opponents are challenging new energy board rules that restrict participation in the hearing on Kinder Morgan's proposed Trans Mountain pipeline expansion.

A notice of motion asks the board to declare the revisions unconstitutional.

The two-year-old changes restrict participation in National Energy Board hearings to those with a direct interest and those who have expertise.

The board approved 400 individuals and groups for intervener status and another 1,250 as commenters, who can't question participants. Of more than 2,000 applications, 468 were denied. Those challenging the rules include a professor at Simon Fraser University, a former director of the B.C. Sustainable Energy Association and the group Forest Ethics Advocacy. THE CANADIAN PRESS

B.C. Agriculture. Pressure forces changes to bill

Hundreds of letters and thousands of petitions have forced the B.C. government to make changes to a proposed law affecting the management of the province's farmland.

The province introduced the Agriculture Land Commission Act in the legislature in March, saying it would give farmers more options in development projects and help them grow their businesses.

The bill proposes dividing the province into two separate zones, protecting farmland in areas like Metro Vancouver, Vancouver Island and the Okanagan, but giving farmers in other areas more flexibility.

But Agriculture Minister Norm Letnick says the government received many complaints and concerns, some of which focused on food security, and he's now proposing changes to the bill.

One of the changes spells out the criteria the commission must consider before making decisions on land use, while another allows the chairman to refer possible changes to a committee.

NDP agriculture critic Nicholas Simons says he will not support the legislation, even after the amendments, and calls it the worst law he's seen in the legislature.

THE CANADIAN PRESS

Canada Post unveils Komagata Maru stamp

100th anniversary. Ship carrying Indian migrants blocked due to discriminatory law

Canada Post has unveiled a new stamp for the 100th anniversary of the Komagata Maru incident, drawing attention to an exclusionary policy that denied hundreds of Indian migrants entry in 1914.

The Komagata Maru was a chartered ship from Hong Kong that carried 376 passengers from British India to the Dominion of Canada. When the ship arrived in Vancouver, the Canadian government refused to allow 352 migrants, mainly Sikhs, from disembarking due to a 1908 law.

The Continuous Passage Act, which remained on the books until 1947, required immigrants to enter Canada directly from their country of origin without any stops in between.

Purpose

"Our job is ... to ensure the Komagata Maru is known to all Canadians as an important story to the narrative of Canada." **Naveen Girn,** a Vancouver-based project manager

"Because there was no direct passage at that time between India and Canada, it was seen as a roundabout way of denying Indian immigration," said Naveen Girn, a Vancouver-based project manager for the 100th anniversary.

After months of legal battles, the Supreme Court of B.C. upheld the law and the Komagata Maru was escorted into international waters.

Upon the ship's return to India, World War I had broken out and many passengers were shot or imprisoned under charges of seditious activity. **TORSTAR NEWS SERVICE**

The stamp design THE CANADIAN PRESS

Trinity Western. Religious university promises legal action in three provinces

A Christian university in Langley that requires students to sign a pledge abstaining from sex outside heterosexual marriage is taking legal action in three provinces over what it calls religious discrimination.

Trinity Western University announced plans Tuesday to sue law societies in Ontario and Nova Scotia, which both voted last month to effectively ban graduates of the law school from practising in those provinces.

The school said it will also apply to be part of a court case in B.C., where a lawsuit is challenging the provincial government's decision to allow the school to grant degrees.

Trinity Western, a privately funded university with about 4,000 students, plans to open a law school in 2016 but has faced resistance over its community covenant, which all students are required to sign.

In an online video explaining the legal action, Trinity Western president Bob Kuhn said the university has done nothing wrong.

"We are not prepared to throw over the values that have been traditionally held in the Christian community … just because society has changed its sexual ethic," Kuhn said in the video.

"It's clearly not unlawful to do what Trinity has done, which is to define its community — a community which people can join, or not, depending on their comfort level." **THE CANADIAN PRESS**

Point of contention

Students can face discipline, either on or off campus, for having sex outside of marriage — defined in the document as between a man and a woman.

Nanaimo

Teen girl stabbed, rushed to surgery

A 16-year-old girl has been critically injured in a stabbing in Nanaimo.

Officers rushed to a quiet residential area of the city at 12:30 a.m. Tuesday following calls about an assault in progress.

Const. Gary O'Brien says a caller reported seeing a man run off, leaving the victim with life-threatening stab wounds requiring immediate surgery.

A police dog tracked a suspect to the yard of a nearby home. A 19-year-old man is now in custody.

O'Brien says the 16-year-old knew her attacker, but the exact nature of their relationship is under investigation. **THE CANADIAN PRESS**

Transparency

Committee votes to open politician expenses to public

British Columbians will soon be able to see the personal spending records of the politicians they send to Victoria.

After several recent spending controversies, an all-party committee voted on Tuesday to allow the public to view the receipt expenses of B.C.'s politicians.

The most recent controversy involved Speaker of the Legislature Linda Reid, who charged taxpayers thousands of dollars to fly her husband to South Africa last August while she attended a conference. **THE CANADIAN PRESS**

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Ford didn't enter U.S. last week, reports say

Whereabouts remain a mystery. Toronto mayor's lawyer asks media to take a step back and 'let the man do his rehab'

Rob Ford did not officially enter the U.S. when he flew to Chicago last week bound for rehab, reports said Tuesday, but his lawyer insisted "100 per cent" that the Toronto mayor is getting in-patient substance-abuse treatment.

Ford's whereabouts remain a mystery, and lawyer Dennis Morris said they should stay that way.

"The media should, I don't know, put things on pause a little bit," Morris said in an interview. "Let the man do his rehab. Once he gets out we can just see how it worked."

Ford left home last week after announcing he was taking a leave of absence and suspending his re-election campaign to seek "immediate" help for alcohol abuse.

Toronto Mayor Rob Ford, seen leaving his home last Thursday, did not officially enter the U.S. when he flew to Chicago last week, reports said Tuesday, but his lawyer insisted Ford is getting treatment. FRANK GUNN/THE CANADIAN PRESS

He announced the decision hours after the Globe and Mail reported that a drug dealer had shown two of its reporters video of Ford allegedly smoking what was said to be crack, reportedly recorded days earlier in his sister's basement.

The Toronto Sun also published an audio recording of Ford at a bar making anti-gay remarks, using an ethnic slur and saying he would like to "jam" rival candidate Karen Stintz. Morris said at the time that it was not possible to know what was in the pipe seen in stills from the alleged new video.

He also said that the mayor flew to Chicago, but was not in a program in that city.

The Globe and Mail reported Tuesday that when Ford landed in Chicago he voluntarily withdrew his application to enter the country and quoted the consul general of Canada in Chicago as saying Ford "was not denied entry, per se."

Morris refused to say where Ford ended up, but said he is in a treatment facility.

"I can't comment other than saying 100 per cent," Morris said, adding that the mayor is "doing very well."

News that a video appeared to show Ford smoking crack cocaine broke nearly one year ago. When the scandal reared its head anew in November, following Ford's admission that he had smoked the drug, he said he was seeking help from a team of professionals, though did not elaborate other than to say he was exercising.

"I don't think he misled anybody at the time," Morris said Tuesday.

"But it wasn't the extensive help that he's getting now because as you saw, whatever help he received wasn't as in-patient, so now it's different."

THE CANADIAN PRESS

Auditor general's report: 4 facts

Auditor General Michael Ferguson delivered his spring report to Parliament Tuesday. Here are the four things you need to know:

THE CANADIAN PRESS

Overcrowding still a problem in prisons

The prison system has met its immediate need for cells, but has not figured out how to deal with the long-term problem of crowding, especially since federal law-and-order legislation promises to keep more people behind bars for longer periods. The audit says there is already overcrowding in some regions as prisoners are bunked two to a cell — and the problem could get worse.

Policing in First Nations isn't measuring up

The First Nations policing system is not working as intended and some of the police services fail to meet provincial policing legislation and standards. The audit found that First Nations don't have enough say in negotiating policing agreements. The Public Safety Department doesn't know whether First Nations police facilities, such as jails, police stations and accommodations, meet fire and building codes or provincial standards.

Public pension plans need more oversight

Public-service pension plans, covering public servants, Mounties and the military, are not regularly assessed for sustainability. The audit says the Treasury Board should assume a greater role in overseeing the plans, because prolonged low interest rates, lower-than-expected returns on assets and longer life spans could end up costing taxpayers billions.

StatsCan job data not giving a clear enough picture

The country's top survey on job vacancies is too vague and doesn't provide much value to governments and other users. Statistics Canada needs to better address the needs of those outside the federal government who use its data, especially when it comes to job-vacancy data. The auditors say the agency must find better ways to deliver data on small areas and smaller populations.

Archbishop Silvano M. Tomasi delivers a statement at the headquarters of the office of the High Commissioner for Human Rights in Geneva, Switzerland. SALVATORE DI NOLFI/THE ASSOCIATED PRESS

Vatican releases sex abuse stats

848 priests defrocked.
In the last 10 years, more than 3,400 cases have been reported

The Vatican released comprehensive statistics for the first time Tuesday on how it has disciplined priests accused of raping and molesting children, saying 848 priests have been defrocked and another 2,572 given lesser sanctions over the past decade.

The Vatican's UN ambassador in Geneva, Archbishop Silvano Tomasi, revealed the figures during a second day of grilling by a UN committee monitoring implementation of the UN treaty against torture.

Tomasi insisted the convention applied only inside the tiny Vatican City state. But he nevertheless released statistics about how the Holy See has adjudicated sex abuse cases globally, and significantly, he didn't dispute the committee's contention that sexual violence against children can be considered torture.

Tomasi said that since 2004, more than 3,400 credible cases of abuse had been referred to the Vatican, including 401 cases in 2013 alone.

Acknowledging the high number of priests sanctioned with the lesser punishment, Tomasi said it still amounted to disciplinary action and that the abuser is "just put in a place where he doesn't have any contact with the children." THE ASSOCIATED PRESS

Number of cases

The data provided to the UN committee Tuesday is the first ever year-by-year breakdown of how abuse cases were adjudicated by the papal court.

- Archbishop Silvano Tomasi said that over the last decade, 848 priests had been defrocked, or returned to the lay state by the pope. Another 2,572 were sentenced to a lifetime of penance and prayer or some other lesser sanction.

Pistorius accused of making 'sinister' remark

Oscar Pistorius was accused of making a "sinister" remark to a friend of Reeva Steenkamp in the courtroom Tuesday during a break at his murder trial.

Pistorius denied the allegation that he said to the close friend of the girlfriend he killed: "How can you sleep at night?"

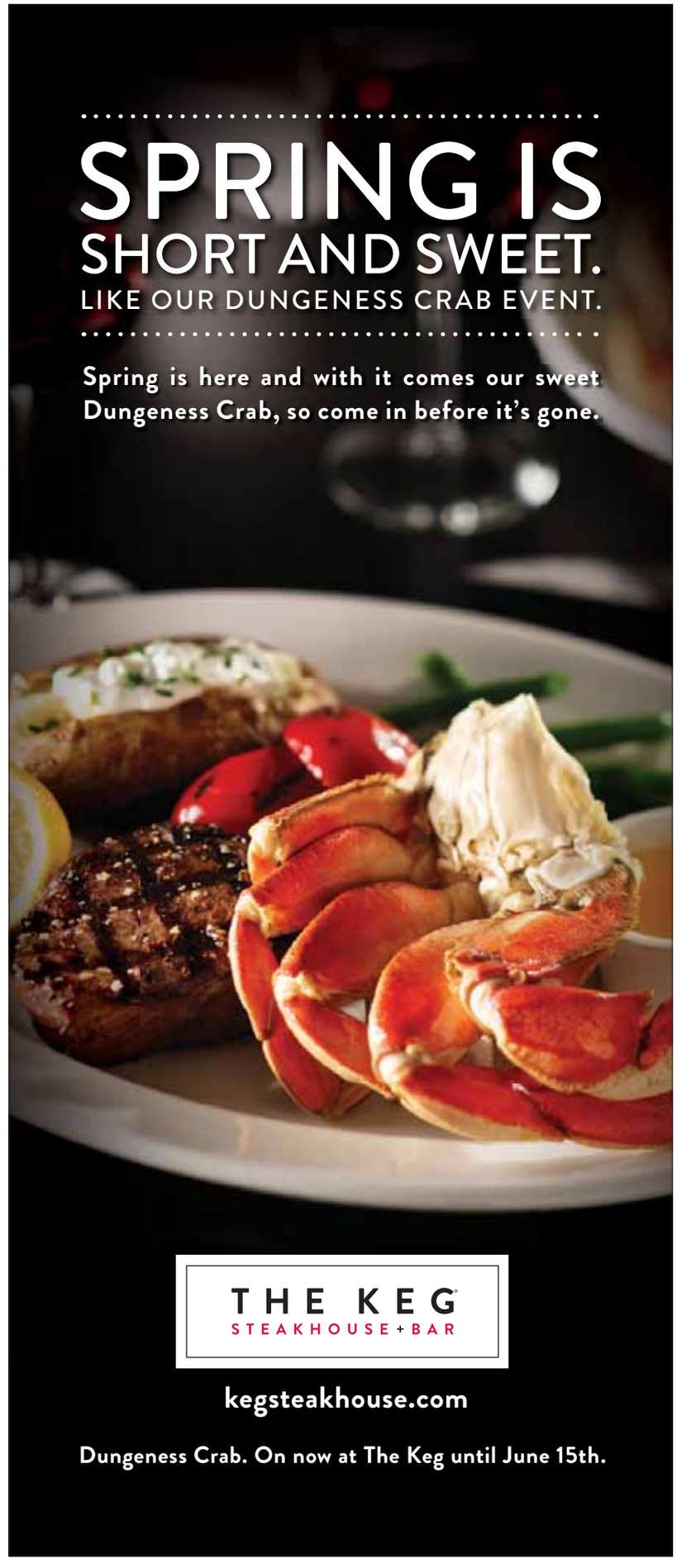
The accusation by Kim Myers provided a bizarre twist during the trial of the world-famous double-amputee Olympian, who is facing 25 years to life in prison if convicted of premeditated murder for shooting dead Steenkamp, a 29-year-old model, at his home last year.

Pistorius, 27, denies murder and says he killed Steenkamp by mistake thinking she was an intruder when he shot her multiple times through a closed toilet door.

He also denied to reporters in the courtroom that he made any comment to Myers.

According to Myers' lawyer, she was approached by Pistorius and he made the remark to her in a "very sinister way." Attorney Ian Levitt said Myers was "shocked" and did not know what it referred to. Levitt said she found it "extremely disturbing." THE ASSOCIATED PRESS

Kim Myers, friend of the late Reeva Steenkamp
ALON SKUY/THE ASSOCIATED PRESS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LGBT rights

Ugandan gay activist seeks asylum

Fearing prison or even death, an openly gay activist from Uganda is seeking asylum in the United States since his home country toughened criminal punishment against gays.

John Abadallah Wambere came to the U.S. for a speaking tour in February, and Ugandan President Yoweri Museveni three days later passed the new measure that strengthened penalties against gay sex, including life in prison.

Wambere, who now lives in Cambridge, said Tuesday, one day before his visa expires, that it was a heartbreaking decision to leave behind the gay community he has supported for over a decade and to leave his 16-year-old daughter. THE ASSOCIATED PRESS

Lawyer detained

China deterring remembrance of Tiananmen?

Chinese authorities detained a well-known rights lawyer and several other people Tuesday in an apparent bid to deter activists from marking the upcoming 25th anniversary of a brutal military suppression of pro-democracy protesters.

Beijing police placed Pu Zhiqiang under criminal detention early in the morning, according to Qu Zhenhong, an associate at Pu's firm who has been in contact with his family. Pu enjoys mainstream prominence that is unusual for most dissidents, and news of his detention was circulating widely on Chinese microblogs.

Pu has not been formally indicted. Beijing police had no comment.
THE ASSOCIATED PRESS

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Russian political activists Nadya Tolokonnikova, right, and Maria Alyokhina of the band Pussy Riot joined U.S. Sen. Ben Cardin in seeking action to stop violations of human rights by pro-Russian militants in the Ukraine region, at the Capitol in Washington, D.C., on Tuesday. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Pussy Riot take their message to Capitol Hill

Human rights abuses. Pair asks Congress to add 16 officials to list of Russians facing sanctions

Two members of the Russian dissident punk group Pussy Riot came to the Capitol Tuesday and asked members of Congress to add 16 officials to the list of Russian human rights violators who face U.S. sanctions.

Before a throng of cameras and reporters, the women — Nadezhda Tolokonnikova and Maria Alyokhina — said Russian President Vladimir Putin's crackdown on human rights was damaging that country.

"Putin is not leading Russia to stability, but to complete instability and chaos," Tolokonnikova said through a translator.

The pair was arrested in 2012 after an obscenity-laced performance criticizing Putin at Moscow's main cathedral. They spent nearly two years in prison, but since their release have continued decrying the lack of freedom in Russia and harsh government tactics against opponents.

The women said Russia has resumed abusing prisoners, including using mandatory psychiatric treatment for some. They said they hoped public pressure would force the mistreatment to stop.

"Silence is the most dangerous thing for a political prisoner," said Tolokonnikova.

By law, the United States can freeze assets and ban travel to the U.S. of Russians deemed to be human rights abusers. Currently, 18 Russians are on a public list of people facing such sanctions while an unknown number of others are on a confidential list.
THE ASSOCIATED PRESS

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See that symbol? Use your Metro News app to scan the photo for a tour of Glenda Wagar and Pat Gerlinsky's ranch in Northern B.C., the scene of a potentially fatal sour gas leak in 2009.

On the edge of the Rocky Mountains in one of Canada's most remote corners, plains are marked by deep gorges B.C.'s Peace River country, which finds itself on the verge of a liquefied natural gas boom, a projected trillion-dollar requires fracking, a practice banned in three Canadian provinces. Over three days, Metro will look in depth

THE NEW FRONTIER

Glenda Wagar and her boyfriend Pat Gerlinsky visit with two-year-old colts and fillies on their farmland in northeastern B.C. on April 29. EMILY JACKSON/METRO IN VANCOUVER

'Sudden failure.' Horse breeder still feeling effects of uncontrollable wellsite blast in 2009

MATT KIELTYKA
Metro in Vancouver

Glenda Wagar jolted from bed at 3 a.m. as the roar of jetting gas boomed through the frigid November air.

It smelled like rotten eggs.

"There's a problem, I can't breathe," she clutched for her sleeping boyfriend.

Confused and weary, she left the safety of her home in the dead of night to investigate.

The rural landscape outside her front door was engulfed in a thick, white fog that rolled with the countryside.

"I couldn't even see the little trees across the driveway. It was just fogged right in."

The social worker and horse breeder spent the next six hours searching her property — a quarter section of farmland, and another half section of grazing land for her 60 horses in Pouce Coupe (just south of Dawson Creek in northeast B.C.) — for broken sewer lines, while frantically trying to call neighbours and emergency responders to find out what happened.

At 9 a.m., with the unrelenting blast of "jet engines" and stench still in the air, Wager finally learned the severity of her situation.

"A truck drove up the yard and was honking like crazy," she recalls.

It was a local hunter who had taken his life into his own hands to warn residents they were at risk.

"He said, 'You're in the middle of a cloud. Get out, get out, get out!"

On Nov. 22, 2009, Encana wellsite A5-7-77-14 L W6M, near Wagar's ranch, failed in sudden and spectacular fashion.

A B.C. Oil and Gas Commission investigation found that a tee section of piping developed a leak when blasted from the inside by fracture sand (used to break up shale rock formations) that should have been cleaned out after the fracking process.

"It just peeled that steel out like it was cheese," figures Pat Gerlinsky, Wagar's boyfriend.

The leak intensified for hours until 8:38 a.m., when it developed into a full-blown "sudden failure," according to the incident report.

The emergency shutoff valve closed automatically at 9:05 a.m. but was unable to stop the "uncontrollable" flow of gas because the valve was downstream from the failure point.

It wasn't until the Encana control room at Hythe, Alta., more than 60 kilometres away, received a hydrogen sulfide (also known as sour gas) alarm at 9:10 a.m. that the company's response to the incident began.

A total of 18 people were evacuated from within a 1.34-kilometre radius of the well.

Most had gotten themselves out of harm's way.

By the time the well was shut

High-pressure tactic

What the frick is fracking?

Fracking is shorthand for hydraulic fracturing, a method of extracting natural gas from unconventional sources, like shale rock formations, that were previously inaccessible through drilling methods.

The process involves drilling into the earth and injecting millions of litres of fluid — a mix of water, sand and chemicals — at a high pressure into shale rock to fracture the rock and release the gas trapped inside.

The Canadian Association of Petroleum Producers explains how it works:

• A hole, called a wellbore, is drilled vertically into the ground. Once it reaches the depth of the shale rock, up to three kilometres below the surface, the drill turns horizontally into the rock.

• Steel tubes (casing) are inserted into the wellbore and secured by cement. The casing is meant to prevent the fracking fluid from leaking and contaminating drinking water aquifers.

• Fluid is injected into the hole at a high pressure to crack the shale rock and release the natural gas into the well. The cracks extend 50 to 100 metres into the rock.

Much of the controversy lies in the potential health risks from sour gas leaks to air pollution and contamination of drinking water. A study from the Council of Canadian Academies, an independent organization of scientists and other experts, concluded there isn't enough known about the impacts of fracking to declare it safe.

There are no documented cases of groundwater contamination from the fluid used in fracking in B.C. But a 2011 investigation by the U.S. Environmental Protection Agency found fracking contaminated two wells with high concentrations of benzene, a known carcinogen, in Wyoming.

Another potential risk is sour gas, which can be found in 30 per cent of the natural gas and crude oil reserves in Western Canada, according to the Canadian Association of Petroleum Producers.

When fracking occurs in sour gas zones, the risk of gas leaks can be fatal. Sour gas contains hydrogen sulphide, which is highly toxic and can kill in seconds in high concentrations. THANDI FLETCHER/METRO IN VANCOUVER

Health risk study

- A 2010 Endocrine Disruption Exchange study determined that more than 75 per cent of chemicals used in fracking can affect the skin, eyes, and the respiratory and digestive systems.
- The non-profit group dedicated to researching health and environmental problems caused by exposure to chemicals found about 40 to 50 per cent of the chemicals could affect the nervous system, immune system, cardiovascular system and the kidneys.
- Twenty-five per cent of the chemicals are known to cause cancer.

A truck pulls out of an active wellsite in the Lochend area near Cochrane, Alta., on April 7. MATT KIELTYKA/METRO IN VANCOUVER

cut into the land by its snaking rivers, forests and swampy muskeg. Welcome to industry. It means jobs and loads of money. But getting the gas out of the ground at the state of fracking in Canada and the potential health implications

OF FRACKING

Wagar, who breeds horses, says the mares had fewer foals the year of the sour gas leak. EMILY JACKSON/METRO IN VANCOUVER

Gerlinsky and Wagar walk down the road to visit their horses. Due to Wagar's health problems, she plans to sell half the herd. EMILY JACKSON/METRO IN VANCOUVER

Striking a sour note even now

"It hasn't gotten better. ... There's always a pain there." Glenda Wagar, horse breeder

at 10:45 a.m., approximately 30,000 cubic metres of natural gas containing approximately 6,200 ppm (parts per million) of potentially lethal — though the commission classified it as "low level of toxicity" — sour gas were released into the atmosphere.

Encana, through a Community Environmental Justice Forum, paid out $250,000 in compensation to the Pouce Coupe fire department, emergency evacuation preparedness programs at Tate Creek Community Centre and Ducks Unlimited Canada wetlands projects.

"Encana took full responsibility for the failure and deeply regrets its occurrence," said Encana spokesperson Doug McIntyre in an email to Metro. "Encana implemented a number of mitigation measures including recommendations from the B.C. Oil and Gas Commission to help prevent this type of incident from happening in the future."

But having lived through the ordeal, Wagar says her health, especially her respiratory system, has been permanently damaged.

"I was coughing and my eyes were watering and I had a hard time breathing," she said.

Doctors, through X-rays and breathing tests, told Wagar her lungs are "compromised" but can't link it to the gas leak.

The dizzy spells she experiences since the leak mean Wagar can't drive for long distances and that she's been unable to continue working as a social worker.

She also can't ride horses much anymore, the love of her life since she was five years old.

Time has not restored Wagar's faith in the gas industry, especially as fracking operations in northeast B.C. expand to feed the province's liquefied natural gas dreams.

"Like I told Encana, 'You should have been finding dead people,'" she said, stone-faced.

Time also does not heal all wounds. "It hasn't gotten better. The dizziness is getting worse and the pain in my chest is the same. It hasn't gotten worse or better," she said. "There's always a pain there."

Liquefied natural gas. It's a pipeline to prosperity for B.C.'s Fort St. John

The short drive from the North Peace Regional Airport to the municipality of Fort St. John, B.C. reveals much about where the wealth of the northeast of the province lies.

It's no Vegas strip, but signs welcome you to the "Energetic" north as modern new corporate offices for Shell Canada, Talisman Energy, Canadian Natural Resources, Can-Am Geomatics B.C. and the B.C. Oil and Gas Commission line the road into "B.C.'s Energy Capital."

The region has sizeable forestry and agriculture industries, but make no mistake: Peace Country is gas country.

And gas country has been good to Fort St. John, a fast growing city of approximately 21,600 people making an median family income of $98,643.

By contrast, the median family income in Canada was $76,511 in 2010.

Creating a community

"Ten years ago, 50 per cent of our roads were gravel with open ditches. Streetlights were pretty much non-existent and sidewalks were non-existent," said Fort St. John mayor Lori Ackerman. "We have been able to get those roads redone, and paved, curbed and guttered. We've got rec facilities. The reality is we have been working very hard to create a community where young professionals are going to enjoy life."

The growth, she said, has been attributable to a natural gas industry that has taken advantage of hydraulic fracturing to extract the region's abundant supply of shale gas.

More than 9,000 wells have been drilled in the province since 2005, the vast majority of them in this corner of B.C.

Representing just two per cent of the voting population, Ackerman is quick to point out the region and the oil and gas industry ("There's very little oil. I think we say oil and gas simply because it rolls off the tongue better") have been living in relative obscurity for decades.

Fort St. John Mayor Lori Ackerman discusses the anticipated boom in natural gas extraction. EMILY JACKSON/METRO IN VANCOUVER

Spectra Energy's McMahon gas processing plant in Taylor, B.C., is seen from the Alaska Highway on April 29. MATT KIELTYKA/METRO IN VANCOUVER

Striking it rich

+$22,132

Families in the gas-powered city of Fort St. John, B.C., make $22,132 more than the national median income.

Lucrative resource

But that changed when British Columbia Premier Christy Clark pinned the province's future on liquefied natural gas (LNG) and exporting northeast B.C.'s most lucrative resource to emerging Asian markets.

The trillion-dollar industry (a combination of gas extraction in northeast B.C. and processing and export by sea in the northwest) will create 100,000 jobs and eradicate the provincial debt, Clark promises.

David Hughes, a former geologist with the Geological Survey of Canada and current president of Global Sustainability Research, forecasts up to 50,000 new wells would have to be drilled over the next 27 years to meet the 14.6 billion cubic feet per day demands of the seven LNG export applications already approved by the National Energy Board as of January.

That would increase B.C.'s gas production to nearly 50 per cent more than what all of Canada currently produces.

Potential risks

That's grabbed the attention of not just investors, industry and government, but also environmental groups, First Nations and academics worried about the potential environmental and health risks associated with widespread fracking.

A human health assessment is underway for the Ministry of Health and documents leaked to The Canadian Press in April show B.C. Environment Ministry staff is worried methane emissions from fracking "can have a significant impact on overall emissions."

All of a sudden, all eyes are on Fort St. John.

Ackerman — who has four children working in the oil and gas industry and says there's never been a cause for fear — doesn't know if the provincial government's claims are legitimate. She's too busy dealing with the real world.

The city is currently going through a boundary extension and the population is projected to nearly double — to 40,000 — in 10 years, regardless of whether LNG pans out or not.

Her city needs doctors, nurses, schools and amenities to keep up with the growth gas extraction and the proposed Site C hydroelectric dam will bring.

Unprecedented expansion

From coast to coast, there's a huge demand for skilled workers in this remote region east of the Rocky Mountains.

"There's going to be development. It's going to get more bustling," she said. "If we're going to take advantage of the opportunities in front of us, I think LNG has to be in consideration. I'm not sure where in this province — until our forestry gets back on its feet — we'd see any other revenue sources from."

As the industry gears up for unprecedented expansion, Ackerman believes it's advanced and responsible enough to do so without harming its neighbours. MATT KIELTYKA/METRO IN VANCOUVER

MORE IN OUR FRACKING SERIES

Thursday

- **The industry.** What's being done to keep people safe.

Friday

- **Cautionary tale.** Alberta ranchers warn British Columbia to heed warnings.

Online

- **Thinglink.** What is fracking?

With little military help, residents form search parties to look for captured girls

Protesters march in front of the Nigerian embassy in Washington on Tuesday to protest the kidnapping of nearly 300 teenage schoolgirls, abducted from a school in the remote northeast of Nigeria. MANUEL BALCE CENETA/THE ASSOCIATED PRESS

Chibok girls school. A student who escaped her captors recounts the harrowing experience

The girls in the school dorm heard the sound of gunshots from a nearby town. So when armed men in uniforms burst in and promised to rescue them, at first they were relieved.

"Don't worry, we're soldiers," one 16-year-old girl recalls them saying. "Nothing is going to happen to you."

The gunmen commanded the hundreds of students at the Chibok Government Girls Secondary School to gather outside. The men were not government soldiers at all. They were members of the ruthless Islamic extremist group called Boko Haram. They kidnapped the entire group of girls and drove them away into the forest.

There were too many gunmen to count, said the girl who escaped. So, even after the students realized the men were Islamic extremists, they sat obediently in the dirt. The men set the school ablaze and herded the girl's group onto the backs of three pickup trucks.

The trucks drove through three villages, but then the car of fighters following them broke down. That's when the girl and her friend jumped out.

As they jumped, the car behind started up. The girls did not know if the fighters could see them, so they ran and hid. Later on, a man on a bicycle found them and accompanied them home. There, they were met with tears of joy.

Three weeks later, 276 girls are still missing. At least two have died of snakebite, and about 20 others are ill, according to an intermediary who is in touch with their captors.

With little confidence in the military, residents of Chibok bought fuel for motorcycles and headed into the dangerous Sambisa Forest themselves.

An old man herding cattle warned them that they were close, but that they and their daughters could be killed if they confronted the militants.

The searchers returned to Chibok and appealed to the few soldiers there to accompany them into the forest. Parents ask why they came within a couple of miles of their daughters, yet the military did not.

"What was strange was that none of the people we spoke to had seen a soldier man in the area, yet the military were saying they were in hot pursuit," said Mutah Buba, who joined the search to look for his sisters and nieces.

However, the military says it is diligently searching, with extensive aerial surveillance.

The 16-year-old who escaped keeps thinking of her friends, and wondering why she was able to get away while they are still captive. "I am really lucky and I can thank God for that," she said. "But God must help all of them." THE ASSOCIATED PRESS

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WestJet, Air Canada rivalry hits new heights

Increased competition. Calgary airline could give Canada's largest carrier a run for its money if its 'value-based' global service gets off ground

WestJet Airlines says it could take its rivalry with Air Canada overseas by launching an international service using large wide-body aircraft.

The Calgary-based airline said Tuesday the new service could be in place in one-and-a-half to three-and-a-half years, if its board gives the green light. WestJet has been discussing the move with its pilots and also meeting with potential airplane lessors and manufacturers.

Clive Beddoe, chairman and co-founder of WestJet Airlines, at the company's general meeting. THE CANADIAN PRESS

"So no decision made yet, but we're getting all the pieces in place to be able to make a good decision," president and CEO Gregg Saretsky said during a conference call to discuss its first-quarter results, which saw a lower profit.

THE CANADIAN PRESS

Pet food

Nestlé has a dog in this legal fight

Nestlé Purina PetCare Co. filed suit Tuesday against Blue Buffalo Co. Ltd., accusing its competitor of misleading consumers about the ingredients in its dog and cat foods. The lawsuit accuses Blue Buffalo of false advertising, disparagement and unjust enrichment.

THE ASSOCIATED PRESS

Freedom of press

Media fight for right to use drones

More than a dozen media organizations challenged the government's ban on the use of drones by journalists Tuesday, saying the Federal Aviation Administration's position violates First Amendment protections for news gathering.

THE ASSOCIATED PRESS

Market Minute

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CINCO DE MAYO, LOS BANDITOS & LIME

JUST SAYIN'

Paul Sullivan
metronews.ca

One of the funniest classic Monty Python sketches features legendary 18th century highwayman Dennis Moore accosting a stage coach and demanding that the occupants "Hand over all the lupins you've got!"

"Lupins?" asks the puzzled victim. "You mean the flower, lupin?"

"Yes, lupins. Come on, come on."

"Well, we haven't got any lupins."

It goes on. Laugh if you will, but truth is stranger than fiction.

Mexican drug cartels are muscling in on the fruit crop — limes, in particular.

Yes, limes, the little green citrus fruit. Turns out Mexico is the world's leading exporter of limes.

Drug cartels, finding it increasingly difficult to get drugs across the U.S. border, are running extortion rackets on lime growers, threatening dire consequences like burning down the farm unless the growers fork over a percentage of their crop.

The crop was already suffering the effects of a rough winter, even by Mexican standards. One cartel, the so-called Knights Templar, based in the Michoacan, the main lime-producing centre of Mexico, saw an opportunity to profit from the shortage and squeeze the farmers, and their limes, dry.

This dastardly lime crime comes at a bad time: Cinco de Mayo. Limes are an essential compañero to a full array of celebration beverages: mojitos, margaritas and, of course, the ever-popular cerveza.

Back in January, limes sold for an average $22 US per case. Since the desperadoes got involved, the price has skyrocketed to $100 US a case, and as much as $1.54 per lime (in Calgary). Airlines have removed limes from the menu, substituting lemons instead.

So far, no one has demanded that we hand over our lemons.

Really, it's only a matter of time. The cartels are already starting to move into the avocado market. Holy guacamole, Batman!

It was bad enough when these banditos were exploiting human misery and addiction, but now that they are having an impact on our very guacamole, they've gone too far. Call in the GEA (the Guacamole Enforcement Agency)!

You can imagine what's going on in Hollywood right now. Screenwriters and directors are huddling over beer and lemons, pitching concepts featuring supermodels who track down lime bandits and cross the border to recover the contraband fruit shipments and restore them to their rightful owners.

Meanwhile, in the "real" world, lime farmers have actually formed vigilante groups to fight back against the cartels. Fearing further Cinco de Mayhem, the Mexican military has moved in, demanding that the vigilante groups dissolve by El Decimo de Mayo. Talk about a Mexican standoff.

Enjoy that dip while you can, amigo, and pray the guacamole bandits don't go after our lupins.

ZOOM

Turns out it was just a reflector

Fast-changing lighting made this photograph a challenging one to capture. "With the late afternoon sun, the whole area was changing in appearance minute-by-minute," said photographer Darrell Staggs. Staggs used a glare-reducing polarizing filter "to capture the full reflection of the canyon wall, but also retain the 'shadow' reflection of the hiker." PETER MACDIARMID/GETTY IMAGES

A real cliffhanger ... actually it's a fake one

This image seems to show a hiker teetering on a cliff's edge, but a closer inspection reveals that it's a pool of water acting as a perfect mirror for canyon walls.

The optical-illusion picture, taken in Glen Canyon in Utah, is a winning entry in this year's Share the Experience photo contest, which celebrates America's national parks in pictures.

METRO

But what is real, anyway?

Staggs, who now specializes in optical-illusion photography, hopes that viewers will appreciate how "the contradictions in the image begin to give way to the truth of the reflection," and thus see the picture's artistic side.

"This is how a photograph can transition into art — a photo to look at, and art to think about."

METRO

Photog's view

"Even though I've looked at it countless times, the picture remains an elusive illusion. It's difficult to discern what is really happening there."

Darrell Staggs, 50, chemical engineer & amateur photographer from Mooresville, Ind.

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MetroTube

Japan comes by its eccentricity honestly

ANDREW FIFIELD
metronews.ca

If you're anything like us, you've spent a lot of time wondering how the Japanese manage to come up with an endless parade of curious, absurd, amazing, helpful and awe-inspiring ideas. Cat cafés. Love hotels. The world's most robust vending-machine shopping. How do they conceive of it all?

Well, as suggested by this lesson in Nakizumo — a rite-of-spring crying contest involving babies and gently antagonistic sumo wrestlers — the Japanese have a centuries-old tradition of esoteric cultural development that has paved the way for the wonderfully one-of-a-kind place it is today.
(Via Ronin Dave on YouTube)

GETTY IMAGES

metro

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See that symbol? It means you can scan the photo below with your Metro News app. Don't reply! Chef gets some social media advice.

Films to whet your appetite

Foodie movies. Chef may offer tantalizing food scenes, but it's not Hollywood's only foray into the kitchen

IN FOCUS
Richard Crouse
scene@metronews.ca

Jon Favreau (left) stars in Chef. CONTRIBUTED

Chefs are the Food Network's stock in trade.

A new film, Chef, takes a celebrity, actor Jon Favreau, and casts him as a restaurateur who has lost his way and desperately wants to reclaim his cooking cred. In the film, he plays Carl Casper, a Los Angeles chef who hightails it to his Miami hometown when his fancy restaurant gets a scathing review from an online food critic (Oliver Platt). There he buys El Jefe Cubanos, a food truck he plans on driving across the country with his son (Emjay Anthony).

High on food porn — there's even a shrimp scampi seduction scene — and Cuban sandwich recipes, Chef is a movie that may whet audience appetites for other movies about the people that make food.

In The Big Night, Stanley Tucci plays Secondo, owner of an Italian restaurant called Paradise. The place is slowly going broke but may get a boost from a visit by singer Louis Prima. If Prima shows up, the restaurant will have a big night and be saved from bankruptcy.

It's not only one of the greatest food movies ever made but it also features what Rolling Stone's Peter Travers called "an unforgettable acting duet" between Tucci and Tony Shalhoub, who plays his temperamental chef brother, "that is as richly authentic as the food."

Ratatouille takes a different approach. The Pixar movie does something no other film has been able to (not that a lot have tried): It makes rats cute.

The story of a cooking rat is chef and TV presenter Anthony Bourdain's favourite food film. "They got the food, the reactions to food, and tiny details to food really right," said The Taste host. "I really thought it captured a passionate love of food in a way that very few other films have."

Real chefs are featured in the documentary Spinning Plates. Weaving together three stories from very different restaurateurs, the film shows the personal and professional side of the food biz as well as the connection to the community that's so important for success.

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Seth Rogen's getting o but he's still young at

Funny guy. His character in Neighbors may have lost touch with his youth, but Seth Rogan is still very much rolling with the punches

MATT PRIGGE
Metro World News

Seth Rogen wages war against a fraternity that moves in next door in Neighbors. CONTRIBUTED

Seth Rogen isn't old; he's only 32. But he has more responsibilities than many his age, even if the work he puts out — including last summer's This Is the End, which he also co-directed with his longtime friend Evan Goldberg — is generally about youngish men struggling with responsibilities and maturity.

In Neighbors, he plays Mac, who's not only married (to Rose Byrne), but also a new father. Their boring life is upended when a frat house, led by Zac Efron, moves in next door.

The film's writers talk about how this was borne out of anxiety about aging. Is that something you share?
I had no specific fears about turning 30. It was more the general compiling of responsibilities, coupled with the lack of time to do the stuff that you used to do more of. And the physical repercussions of trying to do the stuff that you used to do more of (laughs).

The hangovers suddenly get brutal when you turn 30.
They're much worse. It takes me weeks to recover now.

The frat boys aren't completely demonized here. They're sympathetic at times.
I think in earlier versions of the script, the frat was much more vilified. But Zac is just such a good dude, and Chris [Mintz-Plasse] and Dave [Franco] and Jerrod [Carmichael] are all such nice, sweet guys that it inherently made them not that bad. It made them more sympathetic, in a great way.

These films seem to have such a democratic way of being put together. Everyone chips in.
Definitely. The audience is probably the most important element. That's the loudest voice in the process, in some ways. We test the movies a lot, we see what gets laughs, what doesn't, and we really listen not to the words they're saying but the feeling that you have when you're watching the movie with the audience. We really will change the movie heavily when we do that.

Has that happened a lot?
Yeah. We don't change the story that much, but the specific things that people are saying, we do change. If they don't laugh we'll try different jokes. And that's one of the good things about improv — you get a lot of options. So if one joke sucks you have other options you can use.

How did you prep to play a dad?

Bad Little Kid

New film in the works based on Stephen King short story

Stephen King's short story Bad Little Kid, published as an ebook for French and German audiences this March, has been snapped up by documentary maker Laurent Bouzereau for a film adaptation. Known for helming a wide variety of "Making Of" featurettes, Bouzereau was also the writer and director behind A Night at the Movies: The Horrors of Stephen King.

Bad Little Kid is about how one evil child affects the lives of those he comes into contact with. AFP

older, heart

Quoted

"I couldn't even tell you what Mac does for a living, honestly. I don't know what we're doing in that place. Just working in an office. It just seemed like a place people ... work."

Seth Rogen, who plays Mac in Neighbors on how little he actually knows about his character

Uh, I did not prep for this role. I do not do preparation for my roles as an actor. I just do it. I couldn't even tell you what Mac does for a living, honestly. I don't know what we're doing in that place. Just working in an office. It just seemed like a place people … work (laughs).

Do you have any experience with frats?
Not really, no. I don't know if I've ever been in a real frat house. I didn't go to college, and in Canada they're not that big. I wrote an episode about frats when we did the show Undeclared, and that was probably the most experience I ever had, up until this movie. After seeing the movie, though, it seems like it's not that bad. It seems fun.

Comedy of errors. Rose Byrne is glad her Neighbors character isn't the usual 'nagging wife'

Frats aren't much of a thing in Australia, where the actress Rose Byrne hails from. In Neighbors, she and Seth Rogen play suburban parents whose lives are upended when a frat moves in next door. For Byrne it continues her move into comedy, after a long stint doing mainly drama, like TV's Damages, as well as the occasional horror film (28 Weeks Later, Insidious). In fact, she's been doing films like Get Him to the Greek and Bridesmaids for so long, she might have forgotten how to be serious.

Rose Byrne in Neighbors HANDOUT

It's nice that you get to do your natural Australian accent for a change.
Initially, I thought it would be too jarring. Then I thought it could work for the character, because Australians tend to have a wild streak. It's a big drinking culture. There's Irish and Scottish and English descent. And (her character) is so irresponsible. She's not willing to grow up and thinks she can get away with the things she's doing.

She's also not the usual stereotype of the killjoy wife with a manchild husband.
We really wanted to not make her the stock nagging wife. "Don't go out to the party!" They even have a scene where they reference that, and he says, "You've got to be responsible, you're the woman," and that misogyny. I think it made for a funnier film, making them a comedy duo rather than have them against each other.

This is a comedy, but like a lot of these Apatow universe comedies, it's about a real anxiety, and it doesn't pick sides between the couple and the frat.
I have friends, homeowners, who've seen it who find it really anxiety-inducing. Then again, kids who are 18 or 19 would probably find our characters really annoying. It represents both points of view. But I really see Teddy (the frat leader, played by Zac Efron) as quite villainous, because he's so manipulative and vain. And stupid as well. He's defining himself so greatly around this ridiculous role in this fraternity. Our characters are more bumbling. MATT PRIGGE

Fourth time's a charm. Beverly Hills Cop 4 to hit the silver screen in 2016

The police comedy franchise will return to theatres in March, 2016 with Eddie Murphy in the title role once again, Paramount has indicated.

The franchise will be revived through this fourth instalment, which will arrive in theatres 22 years after Beverly Hills Cop 3. Eddie Murphy will reprise his legendary role as Axel Foley, the fearless, fast-talking cop.

For the fourth Beverly Hills Cop movie, the protagonist will leave sunny California to return to his hometown of Detroit.

Jerry Bruckheimer and Paramount are producing the feature, which will be helmed by Brett Ratner. The director behind the Rush Hour franchise worked with Eddie Murphy on the comedy Tower Heist in 2011.

Last season, Beverly Hills Cop nearly returned to the screen as a TV series, as CBS ordered a pilot for a comedy on the life of Axel Foley's son. The project hit a dead end, but Eddie Murphy's brief appearance in the pilot sparked a wave of enthusiasm for the character of Axel Foley. AFP

Eddie Murphy is set to return as Axel Foley. CONTRIBUTED

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Everybody loves Ray ... at HBO. Romano cast in Martin Scorsese's latest series about a New York record label

The former Everybody Loves Raymond star Ray Romano will share the screen with Bobby Cannavale, Olivia Wilde and Juno Temple in Martin Scorsese's next series for HBO. The pilot will be shot this summer.

The untitled series will focus on Richie Finestra, a record executive seeking fresh talent and a new sound to revive his New York label. The cocaine-fuelled character experiences an exciting time in the music industry, starting in 1977, when disco is taking off and punk and hip hop are beginning to emerge.

Bobby Cannavale, who is known to HBO viewers for his role on Boardwalk Empire, was cast in the series' title role in June 2013. Since then, it has been revealed that the actor will be joined by Olivia Wilde, who will play his wife Devon, and by Juno Temple.

The latest addition to the cast, Ray Romano will play Zak Yankovich, Richie's right-hand man and confidant.

First mentioned in July 2010 under the working title History of Music, the series was initially slated to explore 40 years of music through the friendship of two industry players. But the premise of the series changed in October 2011 following the arrival of Terence Winter, the screenwriter known for his work on Boardwalk Empire and The Sopranos.

As he did for Boardwalk Empire, Martin Scorsese will direct the pilot for the new series, which he will co-produce with Mick Jagger. AFP

Ray Romano has landed a role on the rock 'n' roll HBO series that's being co-produced by Mick Jagger. LEE CELANO/AFP

Rising Star

CTV to premiere new interactive talent show

Canadians will be able to vote alongside U.S. viewers when the singing competition Rising Star debuts this summer on CTV and ABC.

CTV has acquired exclusive Canadian broadcast rights to the show, which has become a hit in Israel.

From Keshet International and the executive producers of American Idol and The Voice, Rising Star will tally votes in real time through a free app available in Canada and the U.S.

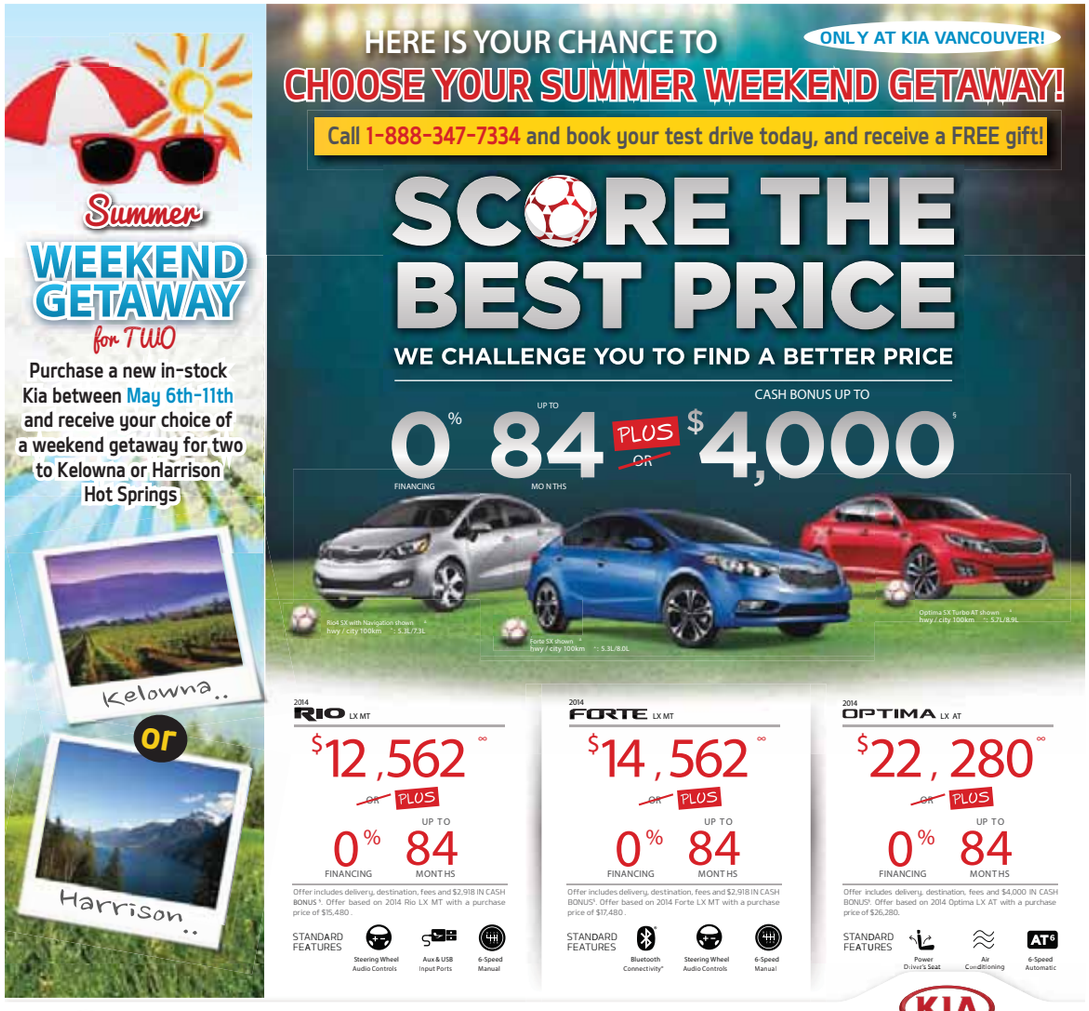
The show sees aspiring singers, ranging from solo acts to groups, perform behind a giant wall of television screens displaying the faces of viewers at home. Competitors can see how they're doing in real-time — as viewers, judges and the studio audience vote, a live results meter reveals whether they're a hit or a miss.

When the votes reach a certain level, the screen in front of them slowly rises to reveal the performers.

Rising Star is set to premiere June 22 on CTV.

THE CANADIAN PRESS

On the televised competition Rising Star singers perform behind a giant wall of TVs with images of home viewers. COURTESY KESHET BROADCASTING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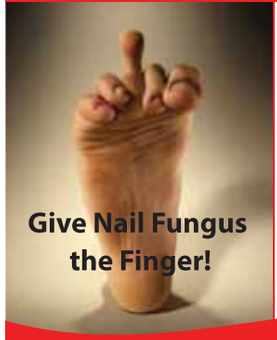

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Megan Fox ALL PHOTOS GETTY IMAGES

Pregnant Megan Fox was 'constantly on the verge of vomiting' on TMNT set

Megan Fox admits that both her pregnancies with husband Brian Austin Green were complete surprises. "We can't let Brian near me anymore," she joked to Ellen DeGeneres during an interview. Joking aside, a pregnancy coming out of nowhere can be a bit stressful, especially if you're just starting production on Teenage Mutant Ninja Turtles, as Fox was. "It's an action movie and requires a lot of running and jumping and stunts. Anyone that's been pregnant knows your first trimester can be pretty rough and you're nauseous all day long," she says. "The producers would come see me in the morning in the makeup trailer and I would be clinging to a box of saltines. We kept pickles in the refrigerator for me, and I was constantly on the verge of vomiting."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ansel plays Shailene's bro in one film, lover in another

MELINDA TAUB
Metro World News

Usually, movie stars gush to the press that they can't believe how amazing their co-stars were. But Shailene Woodley, star of The Fault in Our Stars, is going around telling the press that she can't believe Ansel Elgort was cast at all.

It's not as mean as it sounds. She's actually a big fan of his. Woodley, who plays a terminally ill teen in The Fault in Our Stars, also starred in the recent dystopian thriller Divergent. In that film, Elgort played her brother, so Woodley was certain that their onscreen siblinghood would keep him from playing her love interest in TFiOS: the dreamy Augustus Waters.

"I actually didn't think at first that he would get it, or that even if he was good that he wouldn't get it, because of our relationship in Divergent," Woodley told E! Online.

It is unusual to see that kind of incestuous casting in back-to-back films, but Woodley says Elgort's just that good. "Everybody in the room was sort of like, 'Wow,'" she said.

I agree that he's a very talented young thespian. But it's going to make the next Divergent movie a little weird to watch. I'll keep expecting Tris to make out with her brother.

How to lose a friend in a few years (if you're Kate): become 'not a nice person'

Former BFFs Kate Hudson and Jessica Alba are reportedly not the friends they once were, and it's all due to Hudson's change in attitude when she started seeing Muse front man Matt Bellamy, according to Radar Online.

"It made Kate believe she is rock 'n' roll royalty and the next Gwyneth Paltrow," a source says.

"Kate has wrecked the friendship, and Jessica pins the start of their troubles to the beginning of Kate's relationship with Matt a few years ago. Unfortunately, Kate has become not a nice person since she's been with Matt. It's sad, but Kate and Jessica's friendship is completely done. They used to be so close, too."

Kate Hudson

And it was all mellow: Chris and Gwyneth continue to pal around

For a husband and wife who are "consciously uncoupling," Gwyneth Paltrow and Chris Martin seem pretty cool about hanging out together, according to People magazine. Last month, they joined forces for son Moses' 8th birthday — and this was after heading to the Bahamas for a family vacation following the announcement they were splitting up. And now they've been seen together again during a group dinner at Il Ristorante de Giorgio Baldi in Santa Monica, Calif., where sources spotted them smiling and laughing.

Gwyneth Paltrow

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Deserts and mountains and vineyards, oh my!

The Okanagan Valley. Want to forget this brutal winter? This spring, take a trip through some of the nicest wine country in Canada

DOUGLAS PATON
life@metronews.ca

These views will have you Kelowna-fornia dreaming. CONTRIBUTED/TOURISM BC

There's something almost surreal about the view.

The snow-frosted mountain contrast starkly with the 20-plus-degree temperatures, blue skies and the cherry blossoms that surround you on the valley floor. But, from your vantage point, sitting on a winery patio with a glass of wine, and enjoying the weather in short sleeves and flip-flops, it's just what you need to shake off the winter blues from a season that felt like it was ushering in a new ice age.

Nestled between the Monashee Mountain range to the east and the Cascade Mountains to the west, British Columbia's Okanagan Valley is one of those places that makes Canada a truly unique country.

With summertime temperatures that push into the 40s, without even a hint of humidity, and winters that usually only drop below zero long enough to harvest icewine grapes, the Okanagan has become one of the best wine producing regions in Canada.

For those looking to spend a long weekend jump-starting the summer, and who want a chance to experience what the wineries of the Okanagan Valley have to offer, there is no better time to visit than during the Spring Wine Festival, which runs until May 11.

For many of the wineries in the Okanagan, the festival, currently in its 20th year, is the perfect way to usher in the first crop of tourists for the year and to show off their new vintages. Many wineries host wonderful events ranging from food and wine pairings to grand soirées and it's possible to plan an entire weekend around those events.

For those who want a more self-guided tour, perhaps the single hardest decision you'll make all weekend is where to start. After all, there are over 200 award-winning wineries in the Okanagan, and you do only have three days.

Perhaps the best piece of advice I can offer is to find a central location and work from there. You're never really more than a hour's drive away from any one part of the Okanagan Valley, but the more centrally located you are, the less driving you have to do and the more wine you can enjoy.

Located approximately 60 kilometres to the south of the Kelowna airport, the town of Summerland offers up the perfect central location and the 14 wineries of the Summerland's Bottleneck Drive provide a fantastic sampling of what you can expect from the Valley, everything from award-winning sparkling wines to small-batch wines that sell out almost as soon as they're offered up for sale.

Like many places in the Okanagan, Summerland is not only about the wine. The Kettle Valley Steam Railway offers a scenic tour through vineyards, orchards and gulches and, for the hikers, you can't beat the view from the top of Giant's Head Mountain, almost smack dab in the middle of town.

Heading south from Summerland takes you past the wine country B.C. VQA Wine Information Centre in Penticton — which sells wine from many B.C. wineries and can help you plan out your route — through Oliver's Golden Mile and down into Canada's only desert region. The heat from the Northern tip of the Sonoran Desert helps the winemakers from the Oliver-Osoyoos Winery Association grow bold red wines.

Like all good things, every visit to the Okanagan must come to an end and, if you're like most people, you'll probably find yourself thinking, "I really wish I'd bought just one more bottle of wine to share with my friends back home." Rest assured, the Kelowna Airport has you covered with the only wine shop located beyond security in Canada. And, yes, you can take any wine you buy at the airport wine shop on the plane with you.

If you go...

- **The Spring Wine Festival.** Runs May 1-11 thewinefestivals.com.
- **Summerland's Bottleneck Drive.** bottleneckdrive.com.
- **Kettle Valley Steam Railway.** kettlevalleyrail.org.
- **BC VQA Wine Information Centre.** pentictonwineinfo.com.
- **Oliver-Osoyoos Winery Association.** oliverosoyoos.com.

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Bucket List

Sailing on the Bosphorus

All the great waterways of the world have their enclaves of amazing homes. But when it comes to the wooden Ottoman waterfront mansions that line the infamous Bosphorus Strait, separating the European and Asian sides of Istanbul, Turkey, you're in for some prime sail-by gawking. These "yali" are generally secondary "beach" houses, built between the late 1690s and the early 1900s by wealthy families of the region. On the rare occasion when one goes on the market, the ticket price ranges an astronomical $85 million to $200 million, with the reasoning being, according to a tour guide, that "there are many houses to buy in this world, but only one Bosphorus."

DOUG WALLACE/METRO

Live like a local when you're abroad

Authentic travel. Want to get a true taste of local culture? Here are some tips for stepping off the tourist track

ON THE MOVE
Loren Christie
life@metronews.ca

Having an experience that feels authentic to the destination is often a highlight of any holiday. But how does a tourist find those secret spots and have interactions that make them feel less like an outsider?

Book alternative accommodation. Instead of a hotel, stay somewhere that's off the tourist track, consider a bed and breakfast, check into a university residence (during the summer months) or rent a house in a residential neighbourhood.

You will be more exposed to the rhythms of everyday life taking out the garbage, chatting with the neighbours or shopping at the local grocery store.

Avoid the usual suspects. Ask a shopkeeper, waiter or stranger on the street where their favourite neighbourhood haunt is, whether it's a café, bar or restaurant.

Clarify that you are willing to travel and not necessarily looking for something close by. Don't ask the hotel concierge as they are often trained to send you to places designed to serve tourists.

Pick up a local entertainment paper and search the current listings for exhibits, clubs or concerts.

Do something on vacation that you would normally reserve for home. Go ahead and cheat on your stylist and get a haircut at that 1950s era barbershop on the corner, work out at the local gym or go to a church service. Watching people worship is an intimate cultural experience that can give great insight into a destination. Confirm in advance that you are welcome to participate, either actively or from the sidelines.

Also ensure that you are dressed appropriately; the last thing you want to do is offend someone.

Find your tribe. If you have a hobby that you love, whether it's knitting, books or cycling, try and hook up with like-minded locals. Research your destination for clubs, enthusiasts' groups or the local hangout. It's not only a great way to see a new destination, but meeting people who share common interests increases your chances of a striking up a conversation, which could lead to other tips, advice and discoveries.

Take it online. Many the trip-sharing advice sites like TripAdvisor.com are useful in helping you find those hidden gems.

Follow the Twitter handle of the city that you're visiting for updates on local events or download one of the numerous apps that offer insider opportunities.

EatWith, for example, connects travellers interested in a home-cooked meal with a host willing to welcome them in to their private dining room.

Connect with your tribe when abroad: Find people who share your interests — like cycling. ISTOCK

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How-to

Jazz up your travel experience

1. You don't have to sleep at the fancy hotels to enjoy them. Pop by for a drink at the bar before you head out for dinner.

2. Ditto brunch (such as at Cecconi's Miami Beach, above). Or even better, high tea.

3. Triple ditto if the posh hotel has a nightclub that's on the DJ circuit.

4. Some hotels will let you hang out at their pool for the day for a small fee, especially in areas with a high density of tourists.

5. Swank hotel lobbies make for excellent people-watching — and that's free.

DOUG WALLACE/METRO

Trend

CONTRIBUTED/EDEN ROC

Canadian women travel more

Chalk another one up for the importance of "me time." A new survey from hotel-finding giant Booking.com reports that Canadian women travel solo more often than women in any other country except Australia, with whom they are tied. A whopping 76 per cent said they have headed to the airport alone before. Escaping their daily lives tops the lists of reasons respondents gave (at 62 per cent), with spa holidays, beach escapes and shopping trips voted as the preferred travel themes.

DOUG WALLACE/METRO

Deal

Aeroplan hooks up with Shop.ca

Aeroplan announced last week it has signed a deal with Shop.ca that will allow Aeroplan members to earn travel miles on purchases they make at the popular online marketplace. Perks include free shipping and returns — and for a limited time, Aeroplan members can earn 15 miles for every dollar they spend on their first purchase at Shop.ca. Keep an eye out for the regular special deals that will inevitably ensue.

DOUG WALLACE/METRO

Green and gorgeous in Nicaragua

Eco-luxury. Kick back and relax at one of these luxe lodges in Central America — being green never felt so good

ANDREW JOHN VIRTUE DOBSON
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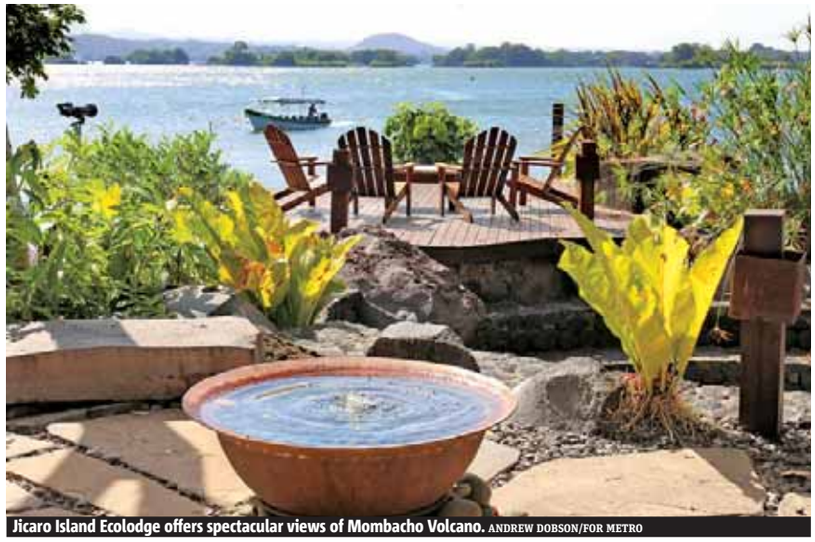


Jicaro Island Ecolodge offers spectacular views of Mombacho Volcano. ANDREW DOBSON/FOR METRO

Looking to do something a little different with your beach and jungle vacation this year?

Nicaragua, a relatively undiscovered tropical country of active volcanoes and lakes, supports age-old cultures and boasts wildlife wonders like monkeys, macaws and the occasional jaguar.

Today the eco-luxe resort concept is trending across the country, offering visitors with a heart for ecotourism and love of luxury the prettiest paradise.

Irene Edwards is the founder of award winning adventure travel company Greenspot Travel and describes the eco-luxe experience as "the art of combining comfort and a certain level of pampering service with immersion in nature, while integrating a strong element of caring and preserving for the natural environment and traditional cultural heritage."

Just a short boat ride from the colonial town of Granada, Jicaro Island Ecolodge offers spectacular views of towering Mombacho Volcano on Lake Nicaragua.

In under 10 minutes one can tour the small private island, which includes a wee sandy beach, sun-drenched yoga deck, boutique spa, breezy dining room and refreshing turquoise pool.

The experience here is intimate, a perfect honeymoon destination for those looking to romance themselves.

The island is dotted with just nine, two-storey casitas, which certainly wow.

A plush king-sized bed can be found upstairs while a spacious living room on the main floor connects to an outside deck where a comfy hammock offers the perfect place to put your feet up and enjoy a jaw-dropping lake view.

If you go...

- **Greenspot Travel.** greenspot.travel
- **Jicaro Island Ecolodge.** jicarolodge.com
- **Morgan's Rock.** morgansrock.com

Morgan's Rock can be found on the shores of the Southern Pacific Coast of Nicaragua, a short 20-minute drive from the care-free surf town of San Juan del Sur.

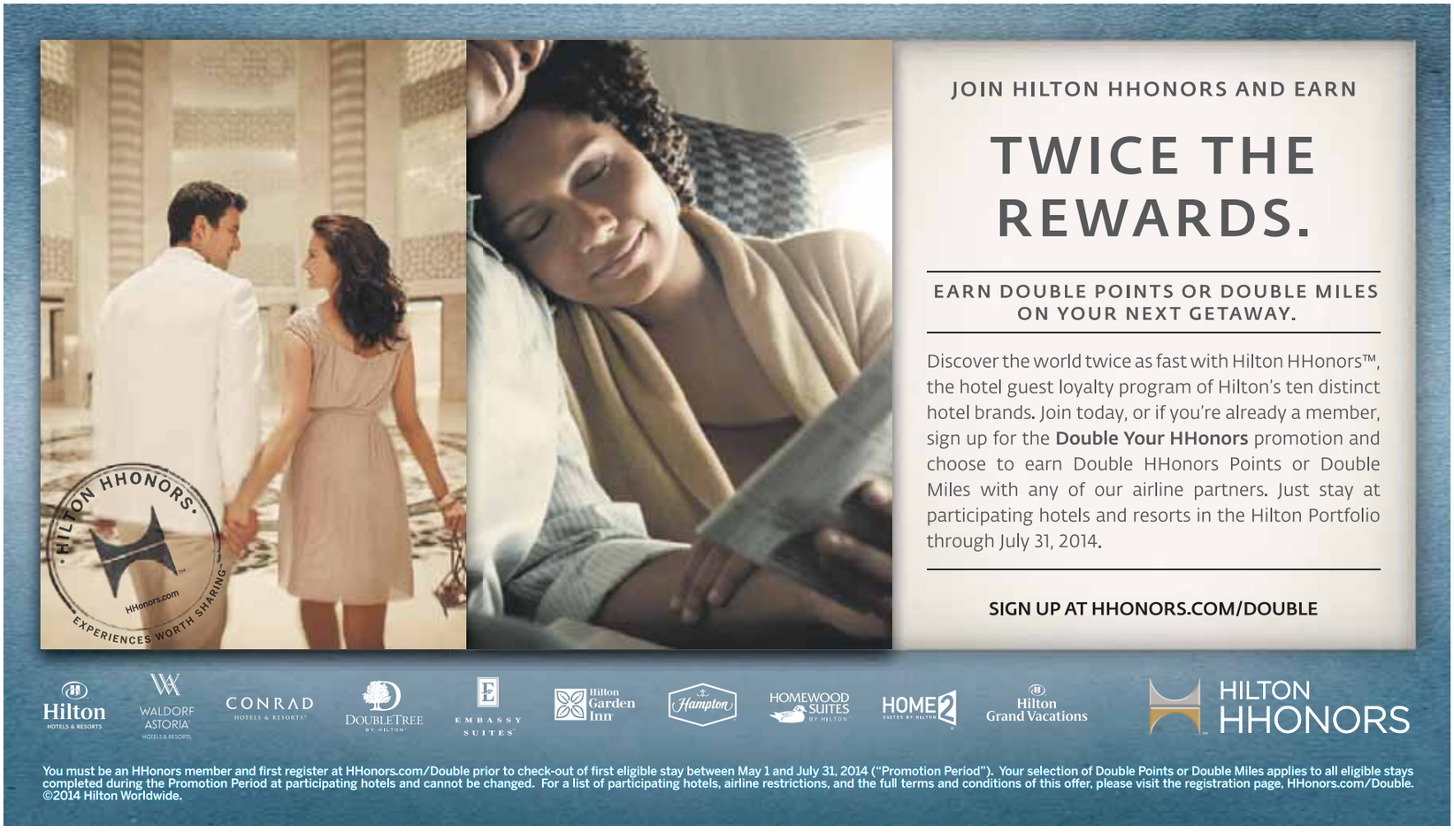
Located on a 4,000-acre expanse of jungle, nearly half of the resort is a government protected reserve.

The huge property plays home to just 15 bungalows, which offer guests stunning views over a private mile long beach.

Enjoy "the luxury of lazy" by working on your tan at the pool, swaying in a hammock on the beach, or sipping a tart margarita (or two).

Those looking for an adventure are spoiled for choice as friendly tour guides offer a menu of daily excursions such as horseback riding along the beach at sunset and bird watching via kayak through a mangrove forest.

Be sure not to miss Breakfast on the Farm, where guests milk cows for coffee, fetch eggs to fry and slap together tortillas to create their very own authentic Nicaraguan brunch.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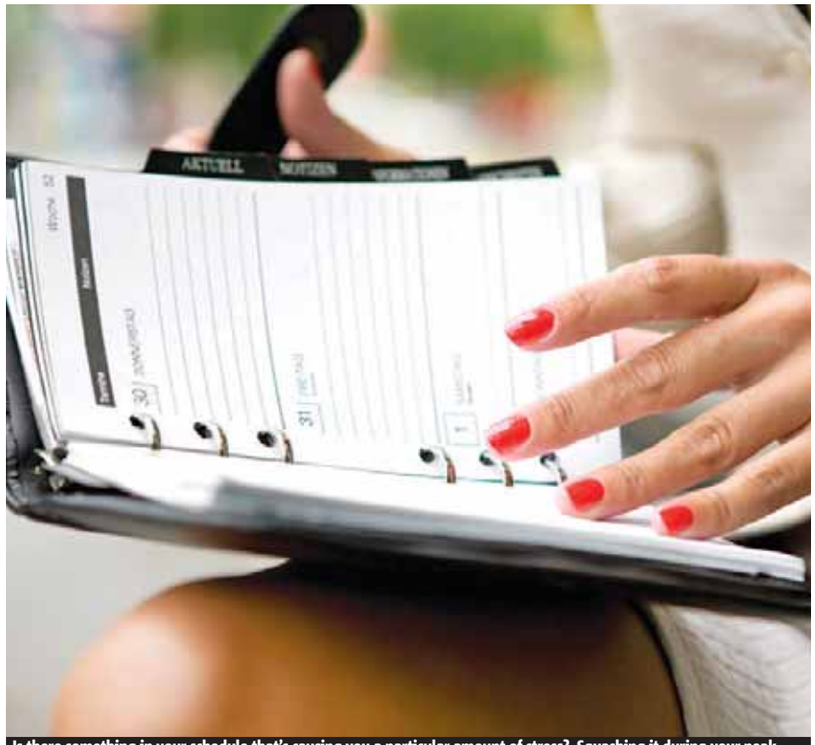
Prime time for productive professionals

The time of my life. Take complete advantage of that can-do hour on your clock

SIDNEYEVE MATRIX
TalentEgg.ca



Is there something in your schedule that's causing you a particular amount of stress? Squashing it during your peak prime-time hours will likely result in a much more productive day. ISTOCK

Start the week off right

Don't be surprised if on reflection you find that Monday and Tuesday are your most productive days of the week.

- Research shows this is the case for most of us, and the challenge is to capitalize on and continue that positive momentum as the week progresses and we get bogged down and pulled in different directions.
- Among the most highly rated apps to help you finally get on top of and manage your weekly workflow and professional projects are Handle, Trello, and Mailbox – definitely worth a look if you're seeking high-tech help to optimize your personal prime time.

Are you a morning person or night owl?

While some of us accomplish more work before breakfast than for the rest of the day, others hit their stride after dinner.

Peak performance times are deeply personal, and don't always sync with work schedules and life responsibilities.

Once you determine your own prime time for getting things done, there are many ways to take advantage of it and accomplish more.

Protect your prime time

Micromanaging your schedule to ensure you don't take on too much makes it more likely your prime time can be focused on priority tasks.

Try to block out many of those peak performance hours on your schedule and consider them sacrosanct and non-negotiable.

"The most productive people know how to say no (when they are fully committed), but most importantly, they know how to delegate and outsource," says Joanna Cohen in Inc. Magazine.

If appropriate, consider hiring a virtual assistant to help with administrative or technical tasks. Alternatively, look through your network for possible collaborators and team up to accomplish more.

Plan ahead for productivity

Productivity experts recommend matching your most difficult tasks to your most productive times.

For many of us, that is first thing in the morning. Importantly, "the first thing you accomplish at work sets the tone for the rest of the day," explains Gina Trapani. To kick-start your workday with a quick and significant win, Brian Tracy recommends you "eat the frog first" — tackling the most high priority (and perhaps dreaded) task on your desk before getting lost in the busywork of email or being distracted by coworkers.

"When you use your most productive hours, you can make a lot of progress," writes Laura Vanderkam, "and that progress is motivational."

Manage microtasks

Keep a list of micro-tasks for those small gaps in your schedule.

What items can you accomplish in transit, or on your phone? Make it a habit to postpone non-critical email responses and use read-it-later apps like Evernote or Pocket, so your phone can be a productivity tool in moments of microboredom and downtime.

"Always have an article to read for times when you are standing in line, on a bus, or waiting for an event to begin," advises the SuccessfulAcademic blog, "use all those little bits of time" to your advantage.

Time management — energy management

We know time is our most precious and finite resource.

Paying closer attention to the choices we make about how to spend it may explain why we find ourselves exhausted at the end of the day, with too many unfinished tasks.

"Monitor your working habits for one week and list the time you managed to do the most work," Prime Sarimento writes in Lifehacker. Over time, inevitably a pattern will emerge, indicating your peak hours for creative and constructive work.

To shield those precious hours from the time-sucks of social media and email, check out and consider installing some social blocking and inbox management apps.

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Bringing up bigger bucks to the boss

You raise me up? If the amount you're getting paid doesn't quite make cents to you, it may be time to mention it to upper management

RIANA TOPAN
TalentEgg.ca

A fair salary should reflect your value at your workplace.
ISTOCK

Settling into your first "real" job can take some time — there's a steep learning curve while you adjust to the ways of the working world.

As an entry-level worker, one of the more difficult lessons that you'll need to learn is about how to manage your salary expectations.

Your worth as an employee is based on many factors: your level of responsibility, work experience, level of education, skill set and accomplishments, any awards or extra credentials you've earned and the contributions you make to the overall success of the company.

Your salary will also usually be determined, at least in part, by the industry you work in, your location and your employment benefits (if any).

So how are you to know what you should be earning?

Do your homework

Research similar positions, within similar industries and in similar geographic areas, to determine the average pay for the kind of work you do.

Pay close attention to job descriptions — the salaries you research should be for positions with duties and a level of responsibility akin to yours — and keep track of the market data you collect to use later in your negotiations. Certain websites, like PayScale.com, are a good starting point because they provide average salaries for a range of positions and industries.

Evaluate your performance

What have you brought to your position and to the organization you work for?

What have you done well? What have you learned since taking on your position?

How do you go above and beyond what's expected of you?

Knowing how to answer these questions is key to being able to demonstrate that you deserve a raise. Keep an ongoing record of your accomplishments and any positive feedback you receive regarding the work you do to help you prove your value to your employer.

Ask for a (timely) meeting

If possible, find out when your employer does salary reviews or makes budget decisions and ask for a meeting to discuss your professional goals a few months prior.

If this isn't possible, you can still increase your chances of success by scheduling the meeting after you've done something well or during a relatively low-stress period. If things are particularly busy, focus on doing excellent, dependable work instead of agitating for a raise — this contribution will be valuable later.

State your case

You're finally ready to have "the talk." Tell your employer that you asked for this meeting to discuss your compensation because you believe you deserve a raise.

Share the research you've done about typical salary ranges for comparable positions and talk about your strong performance so far and how you bring value to your position.

Be respectful but confident. Emphasize that you look forward to continuing to grow with the organization. Explain why you have earned a raise, not why you need one.

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Arm yourself with info

Anticipate potential counter-arguments

- Think about the possible reasons you may be declined a raise. For example, your boss might say that they don't have the money in the budget right now, to which you could respond by offering a creative (read: non-monetary) solution, such as extra paid vacation days, professional development funding, or other benefits.
- Be sure to present these alternatives in a collaborative way.

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Canada

Canadian kids to get cracking with code?

Get with the program.
Educators encouraging school system to stay focused on the future

It's still small, but there's a movement afoot to teach coding to Canadian kids at school.

Given the increasingly important role that technology is playing in today's culture, business and everyday life, children should be exposed to computer tools as soon as possible, according to Leroy Vincent, a technology and art specialist at the River Valley Middle School in Grand Bay-Westfield, N.B.

The school is featured in an upcoming documentary called Code Kids, about a push to implement technology training in grade schools throughout the Maritimes.

At River Valley, Vincent made it his mission to have every one of the school's 340-odd Grade 6 through Grade 8 kids exposed to computer programming.

"Everything in the world now is computers and everything is programming. I'm not saying every kid is going to be a programmer, don't get me wrong, but every kid has got to be exposed to it," says Vincent.

Will programming become a mainstay of every child's curriculum? ISTOCK

"We want to make sure every kid understands what it is and if they understand what it is they'll know whether they're interested or not."

Real programming languages are far beyond the grasp of most grade schoolers but Vincent has introduced his students to a language called Scratch, developed at the Massachusetts Institute of Technology.

Scratch is capable of creating interactive stories and games and has a user-friendly drag and drop interface that makes programming less intimidating and easier to learn.

"It's a very highly successful introduction (to programming)," Vincent says. "The kids found immediate success from it, so it hooked them very quickly."

In Ottawa, a program called TechU.me is pairing Grade 10 students with Grade 3 kids in a project to have them all learn more about coding. The younger kids come up with an app concept based on a subject they're currently learning about in class, and the older students bring that idea to life.

Electronics everywhere

"Everything in the world now is computers and everything is programming. I'm not saying every kid is going to be a programmer, don't get me wrong, but every kid has got to be exposed to it."

Leroy Vincent
Technology and art specialist

"The apps are basic, but what we like to say is that the app is not the end goal, it's the process of creating the app that really is the biggest lesson for the students involved," says program manager Maria Smirnoff.

"They're using apps like Angry Birds or Bejeweled but they don't understand the process that goes behind making it."

Smirnoff says the project, which started in four schools and is now in 55, was designed to encourage technology education at a time when it was being forgotten in the aftermath of Nortel's collapse.

"Parents who were impacted by the Nortel — I'll say disaster for a lack of a better term — were actually discouraging their own children from pursuing a technology career and telling them to do anything but," she recalls.

A program similar to TechU.me is now being launched in Waterloo, and Smirnoff hopes the idea will spread further.

"We show (educators) the linkages, how these projects actually meet and exceed every curriculum outcome they're mandated to teach," she says.

"Sometimes it requires a little more hand-holding but in other cases the teachers are so enthused by the opportunity to have their kids do something so exciting and authentic and genuine that it's really a no brainer."

THE CANADIAN PRESS

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Grilling goes fancy: Pesto Salmon

This recipe makes six servings. EMILY RICHARDS

Quick dinner. This dish is easy enough for a weeknight meal and sophisticated enough for a entertaining guests

DINNER EXPRESS
Emily Richards
food@metronews.ca

Looking for a fast dinner for the week that can double for a fun weekend get together?

This is the one.

Salmon is so fast and easy to grill up and enjoy during the week, but also a great meal to share with friends.

This simple but elegant supper also uses fresh in-season asparagus to showcase great colour, texture and crispness right off the grill.

With a hint of lemon, it's the perfect accent to the salmon. Steam up your favourite fragrant rice to round out your plate or better yet, change it up and serve it all over a bed of greens.

Get your grill ready and try out this inspiring recipe to get you in the mood for summer.

1. In small bowl, whisk together mayonnaise, parsley, pesto, pepper and salt. Spread the pesto evenly over top of salmon; set aside.

2. Grilled Asparagus: Snap tough ends of asparagus off and discard. Toss spears with oil and pepper.

3. Place fillets and asparagus on greased grill over medium-high heat. Close lid; cook 10 minutes or until fish flakes easily when tested with a fork and asparagus is tender crisp. Drizzle asparagus with lemon juice.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Pesto
- 2 tbsp (30 ml) light mayonnaise
- 2 tbsp (30 ml) chopped fresh Italian parsley
- 1 tbsp (15 ml) store-bought basil or sundried tomato pesto or Dijon mustard
- Pinch freshly ground black pepper and salt
- 4 boneless salmon fillets, skin on (about 600 g total weight)

Grilled Asparagus
- 1 lb (454 g) asparagus spears
- 1 tsp (5 l) extra-virgin olive oil
- 1/4 tsp (1 ml) black pepper
- 2 tbsp (30 ml) fresh lemon juice
- Lemon wedges

Ever notice tennis players make funny faces as they hit the ball? Scan the image with the Metro News app to see a collection from Tuesday's action at the Madrid Open.

Lions believe Mitchell makes them better

CFL. B.C. signs all-star defensive tackle with sights set on Grey Cup

CAM TUCKER
cam.tucker@metronews.ca

When the Lions traded Khalif Mitchell, he did not leave Vancouver on good terms. How well he will be received upon his return remains to be seen. TORSTAR NEWS SERVICE FILE

It's been a little more than a year since the B.C. Lions sent Khalif Mitchell packing for Toronto in a trade, after the all-star defensive tackle was involved in transgressions both on and off the field.

The Lions, with the 2014 Grey Cup in Vancouver and in a bid to bolster their defensive line and football club for the occasion, have brought the 29-year-old Mitchell back after his one-year stint with the Argonauts.

Mitchell, released by the Argos earlier this off-season so he could pursue NFL opportunities, signed with the Lions as a free agent, in a deal that was announced Tuesday. It's a one-year contract with an option year.

The Lions bring back one of most dominating forces in the interior of the defensive line in the entire Canadian Football League. They also bring back someone who didn't exactly leave Vancouver on the best terms with his former B.C. teammates or the organization.

"I'm not into what people tell me. I'm more into what I see," Lions general manager Wally Buono said. "We all grow from our experiences and I believe Khalif has."

Mitchell enjoyed a breakout season in 2011 — the same year the Lions won the Grey Cup at BC Place Stadium in front of the home crowd. A menace for opposing linemen, he racked up 33 tackles and six sacks.

However, he spent most of the 2012 campaign answering questions about acts that resulted in suspensions and fines, including for a racial slur he used in a tweet.

One former teammate at the time, running back Andrew Harris, tweeted "Good riddance."

"I don't believe that anybody's words were going to be kind when I left," said Mitchell.

Consider 2013 with the Argos a bounce-back year for Mitchell, who had 32 tackles and five sacks.

At the top of his game, he is a boost to the defence, which has already been at or near the top of the league in a number of categories over the last two regular seasons.

"Can we be a better football team with Khalif Mitchell? Definitely," said Buono.

Lions release Shell

The B.C. Lions announced Tuesday the club has released veteran defensive back Lin-J Shell.

- Shell spent two seasons with the Lions. Last year, he recorded three sacks, tying a career best from 2009, and one interception.

Soccer

Caps recall 2011 first-overall pick

The Vancouver Whitecaps recalled striker Omar Salgado from their USL Pro affiliate, the Charleston Battery, on Tuesday.

Salgado, 20, joins the club for the first leg of the Amway Canadian Championship semifinal against Toronto FC. The club stated in a news release that Salgado will be available for Wednesday's road match against Toronto.

The Whitecaps loaned Salgado, the club's first overall pick from the 2011 MLS SuperDraft who dealt with foot injuries in 2012 and 2013, to Charleston in late March.

In five appearances for the Battery, he scored twice and had one assist. METRO

Tennis

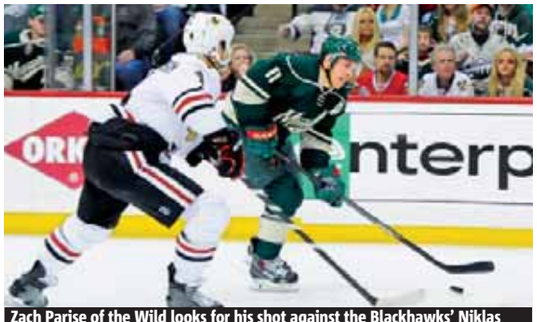
Raonic coasts to victory in Madrid

Canada's Milos Raonic won his opening match at the Madrid Open on Tuesday, defeating Jeremy Chardy of France 6-3, 6-3.

Raonic fired 11 aces and did not commit double-fault. THE ASSOCIATED PRESS

Milos Raonic plays a forehand on Tuesday in Madrid, Spain. CLIVE BRUNSKILL/GETTY IMAGES

Wild's third-period explosion downs Hawks



Zach Parise of the Wild looks for his shot against the Blackhawks' Niklas Hjalmarsson in St. Paul, Minn., on Tuesday night. HANNAH FOSLIEN/GETTY IMAGES

Erik Haula and Mikael Granlund scored goals less than three minutes apart early in the third period, and the Minnesota Wild recovered from a sluggish start for a 4-0 victory over the Chicago Blackhawks on Tuesday in Game 3 of the Western Conference semifinal series.

Ilya Bryzgalov made 19 saves for his first shutout in the playoffs in eight years, and the Blackhawks had their lead whittled to 2-1 with their first loss in 2 1/2 weeks.

Zach Parise put the exclamation point on the win with a power-play goal, the first in 25 chances for the Wild over their last two playoff series against the Blackhawks. Then Granlund tacked on an empty-netter with 1:17 left.

Game 4 is Friday in Minnesota.

Corey Crawford stopped only 14 shots for the Blackhawks, who dropped their first two games to St. Louis in the last round before winning four in a row. Since losing to the Blues on April 19, they took the lead in all six games and outscored their opponents 23-9. THE ASSOCIATED PRESS

Habs regain series lead

P.K. Subban, Dale Weise and Lars Eller each had a goal and an assist as the Montreal Canadiens downed the Boston Bruins 4-2 on Tuesday night to take a 2-1 lead in their NHL Eastern Conference semifinal series. THE CANADIAN PRESS

See that symbol? It means you can scan the photo below with your Metro News app. By the numbers! Learn more about the 2015 Subaru.

2015 Subaru WRX STI

- **Type.** Four-door, all-wheel drive compact sedan
- **Engines (hp).** 2.5-litre DOHC horizontally opposed four-cylinder, turbocharged (305)
- **Transmissions.** Six-speed manual
- **Base price (incl. destination).** $40,000

Market position

The STI exists in an ultra-exclusive rally-race niche bracket where the only direct competitor is the Mitsubishi Evolution. And that model's upcoming retirement leaves only hot hatchbacks to compete against.

Points

- Redesign results in the most attractive STI yet
- No change in base engine, but with 305 horses there's no urgent need for any improvement
- Six-speed manual is the only transmission. Perhaps it's time for an automated manual option
- No more Mitsubishi Evo after 2014 is sad news for fans of this genre, but give the STI free reign

The STI's rear wing is an iconic badge of honour for any Subie fan.

Safety

Front airbags; side-impact airbags; side-curtain airbags; driver's knee airbag, anti-lock brakes; traction control; stability control.

A ride on Subaru's wilder side

Review. With beefed-up suspension components, this rally-racer-inspired model means business

MALCOLM GUNN
wheelbasemedia.com

The WRX STI's continued existence confirms that Subaru's somewhat conservative image is at least partly a myth.

The rally-racer-inspired model is an integral member of the automaker's performance lineup that includes the lower-echelon WRX and the BRZ sport coupe.

The redesigned sedan is more stylish, punctuated by the new grille, a hood with functional scoop, and flared fenders that integrate more smoothly with the rest of the body. The WRX STI and its tamer WRX sibling will no longer also be offered as hatchbacks.

Of course the STI still has an available rear wing that doesn't serve any real purpose in everyday driving, but it's an iconic badge of honour for any Subie enthusiast and provides some necessary downforce for owners who occasionally venture forth on the racetrack.

The new model is only slightly longer and wider than the previous version and adds three centimetres between the front and rear wheels and five more centimetres of rear-seat legroom. The car weighs about five kilograms less than before.

Subaru has focused on handling and agility improvements for the STI with a stiffer chassis and faster-acting power steering. As well, the suspension components and the Brembo-brand brakes have been beefed up.

Left untouched is the STI's turbocharged 2.5-litre four-cylinder engine that makes 305 horsepower and 290 pound-feet of torque. Fuel consumption, at 12.3 l/100 km in the city and 8.6 on the highway, is slightly better than before.

Compare

1 Mitsubishi Evolution
Base price: $43,600
Fast, but dated Lancer-based rally machine will sadly be missed.

2 Nissan Juke Nismo RS
Base price: $30,000
Fun and funky small hatch is plenty peppy with 215 horses to play with.

3 Mini Paceman JCW
Base price: $41,200
Sporty all-wheel drive mode looks good and puts out 207 horsepower.

5 DRIVE

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Pennzoil shakes up the engine oil industry

Platinum. Formulated from natural gas, new high-end oil is cited as the best out there for keeping engine innards clean

AUTO PILOT
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Pennzoil is now formulating engine oil from natural gas. In a statement, Pennzoil referred to its new Platinum line as, "the first major development in motor oil in more than 40 years."

Seems a bit boastful, don't you think?

But there is definitely a paradigm-shifting element to making engine oil from natural gas.

When you make engine oil from crude, you start with a fairly dirty substance and clean it up as much as possible. It's called "crude" for a reason. It's filthier than reality TV, messier than a home zoo, and has to be extensively "refined" before it's invited anywhere.

With Pennzoil Platinum it's the other way around. It starts with an incredibly clean base stock. The base stock is gathered from natural gas through a "gas-to-liquid" process not dissimilar to collecting a very pure form of water from vapour or steam.

That base stock is colourless, even "crystal clear" according to Pennzoil. Then the additives go in, and then it takes on that golden hue, common to all clean engine oil, and near and dear to the heart of everyone who takes satisfaction in changing their engine oil in the driveway.

Interestingly, Pennzoil and its parent company Shell are not getting this natural-gas-sourced product from natural-gas-rich North America.

It comes from Pearl GTL (Gas to Liquids), the world's largest gas-to-liquid plant, which is located in Ras Laffan, Qatar. A partnership between Shell and Qatar Petroleum, the plant can produce 30,000 barrels of base oil per day.

Pennzoil calls its Platinum line "the first major development in motor oil in more than 40 years." ISTOCK

From there the base oils enter Shell's global lubricants blending plant network to produce the finished products.

Serving North American customers in that regard is Shell's massive lubricant blending and storage facility in Houston, Texas.

The two Pennzoil oils formulated with the PurePlus base stocks, Platinum and Ultra Platinum, are definitely high-end products; in fact, they are at the top end of Pennzoil's food chain.

Pennzoil is obviously touting the oil's cleanliness; With so few impurities, it is cited as the best oil out there to keep your pistons and other engines innards as clean as possible.

Maybe not clean enough to eat on, but clean for an engine. As a high-end synthetic it will undoubtedly also be good at other things, like fuel efficiency, long drain intervals, wear protection, and extreme temperature performance.

Shell said it has been contemplating and working on natural gas to liquid technologies since the 1970s.

So far Shell is the only known manufacturer to have produced base oil from natural gas on a commercial scale. Will others follow?

Quoted

"The base stock is gathered from natural gas; through a 'gas-to-liquid' process not dissimilar to collecting a very pure form of water from vapour or steam."
Mike Goetz, columnist

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Horoscopes

♈ Aries
March 21 - April 20
Keep your eyes and ears open today because if you don't you may miss out on an opportunity to have fun. With Mercury moving strongly in your favour, your mind will be sharp and strong, giving you a major advantage over your rivals.

♉ Taurus
April 21 - May 21
You must be positive today. Both in your personal life and at work there is a lot at stake and you need to know what you want — and have the courage to reach out and take it.

♊ Gemini
May 22 - June 21
Start believing that you have what it takes to make a difference. Now that Mercury, your ruler, is moving into your sign, the doubts of the past few weeks will be swept away.

♋ Cancer
June 22 - July 23
The things you fear the most are the things from which you have least to fear. Seep that into your subconscious. The planets indicate nothing out there in the world can hurt you.

♌ Leo
July 24 - Aug. 23
The message of the stars is you must allow friends and family members to make more decisions for themselves. Over the past few weeks you have insisted on taking the lead. It's time to give others a chance.

♍ Virgo
Aug. 24 - Sept. 23
You won't lack for opportunities today but don't just throw yourself at the first one that comes along. Identify what it is you most want to accomplish and wait for the right offer.

♎ Libra
Sept. 24 - Oct. 23
You may have been too fixed in your opinions of late but with mind planet Mercury moving in your favour, you will get the chance to review your beliefs and adjust them to fit reality.

♏ Scorpio
Oct. 24 - Nov. 22
Over the next two or three days you will find it easier to come to grips with a financial matter that has been keeping you awake at night. Once you find the real problem, you will also find the courage to deal with it.

♐ Sagittarius
Nov. 23 - Dec. 21
Others don't have to lose out just so that you can win. Your task today is to find creative ways in which to further your own ambitions while helping others get what they need.

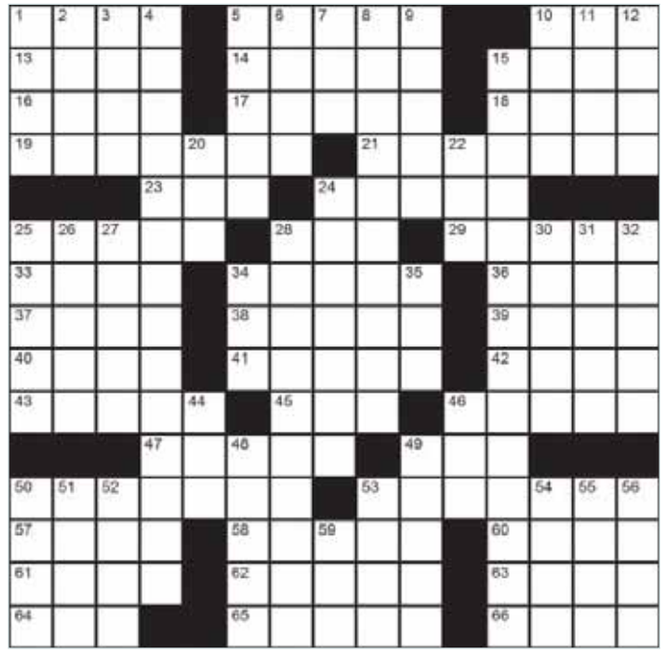
♑ Capricorn
Dec. 22 - Jan. 20
You have changed so often in recent weeks that you may no longer be sure which way is up, but that's OK. On the work front at least you will know without a doubt what needs to be done next. So do it.

♒ Aquarius
Jan. 21 - Feb. 19
Now that Mercury, planet of the mind, is moving into your fellow Air sign of Gemini the mental turmoil of the past few weeks will fade away. You can make things easier for yourself by not worrying so much.

♓ Pisces
Feb. 20 - March 20
You may have to give up something that means a lot to you but you won't mind too much. You will be happier still if people just leave you alone for a while. SALLY BROMPTON

Crossword: Canada Across and Down

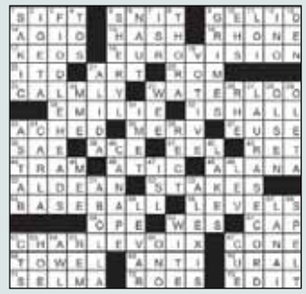
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. ___ (Answer to "Where's Vancouver?")
5. Popular cartoon-like icon in digital communication
10. Dijon's country, to the IOC
13. "That hurts!"
14. Fruit type
15. Vancouver band, __ The Whale
16. Insect nests
17. Gradual loudness increase in music, for short
18. Purplish
19. Toronto: Yonge Street splits this Avenue into East and West
21. "The Newlywed Game" host Bob
23. "Yuck!"
24. Tune line
25. "__ __ Replay" by Rihanna
28. "Hee __"
29. "Disaster __" on HGTV Canada
33. Over-fed = ___ lot
34. Actress Debi
36. Clark Gable film setting
37. Seeded
38. Hawaiian Crow
39. 'Gen' finisher (Basic)
40. Baby branch
41. 'The King', in Spanish: 2 wds.
42. Lounge around
43. Building extension
45. 'Vigor' suffix
46. Quebec, 'La __ Province'
47. Norwegian kings
49. Zoologist's foot
50. "When I'm with You" Canadian band
53. Receive warmly
57. Ping-__
58. Western flick
60. Ancient author
61. House's gutter locale
62. Arctic boat
63. Peel
64. Sarcastic
65. Onion kins
66. Dash

Down
1. Particles
2. Night: French
3. Alphabet sequence
4. Coast Salish actor (b.1899 - d.1981) from North Vancouver who co-starred with Clint Eastwood in #8-Down: 3 wds.
5. Host an event
6. Seas: French
7. Flamenco exclamation!
8. "The Outlaw __ __" (1976)
9. Obtain
10. Human/goat forest deity
11. Canadian star Mr. Moranis
12. Tangy quaffs
15. NASA's Kepler: 2 wds.
20. Whopper
22. Tender
24. Statue of Liberty poet, Emma __ (b.1849 - d.1887)
25. Macaroni
26. "Liquid Dreams" TV-created band
27. __ __ stock (Recently-arrived goods)
28. Toronto attraction, Hockey __ __ __
30. Festive song
31. Canadian singer/pianist Diana
32. Room: French
34. Ms. West
35. Jamie Foxx movie
44. Gladiator's 41
46. "The Fresh Prince of __-Air"
48. Run __ of (Conflict)
49. Benefits
50. Disgorge
51. Rime
52. Greenly admire
53. Tired
54. Shape sort
55. Ms. Sorvino
56. Paradise
59. Affiliation

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	6	3			8		
	9			4		2		
	4		7		6			
			4				7	
3			5		7			6
	5				8			
			2		9		8	
		5		3			9	
		4			5	7	1	

Yesterday's Sudoku

2	4	1	3	9	7	6	8	5
6	8	7	1	4	5	9	2	3
3	9	5	8	6	2	4	1	7
1	2	6	9	5	3	7	4	8
4	3	9	7	2	8	1	5	6
5	7	8	6	1	4	2	3	9
7	1	2	5	3	6	8	9	4
9	6	3	4	8	1	5	7	2
8	5	4	2	7	9	3	6	1

Today
16°/10°
Mainly sunny
Thursday
15°/11°
Showers
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Check the 14 day trend.
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